

Statewide Summary of Findings by Health Topic Area

Health-Related Quality of Life

Overall, there was not a great deal of variation in results between local health departments (LHDs) for health-related quality of life indicators.

- In 2005, 15.2 percent of adults in Nebraska rated their general health as fair or poor. Two LHDs had significantly lower proportions of respondents reporting fair or poor health than the state.
- Adult Nebraskans averaged 3.7 days in the past month when their physical health was “not good”. Averages were significantly lower for two LHDs.
- No LHDs reported significant differences from the state in average number of days when mental health was “not good” (3.1 days) or in number of days of limited activity due to poor health (4.1 days).

Health Care Access

For most of the health care access indicators in this study, few LHDs differed significantly from overall rates for Nebraska.

- In 2005, 15.6 percent of adults aged 18 to 64 years stated they had no health care coverage. Two LHDs reported significantly higher rates of uninsured adults and one reported a significantly lower rate.
- The proportion of adults who did not have a personal health care provider (17.0 percent) and the proportion who had a routine medical checkup in the past year (71.3 percent) varied little among the 18 LHDs. For each indicator, only one LHD reported a rate that was significantly different from the overall prevalence.
- No LHDs reported a significantly different proportion of adults who, at some time in the past year, needed to see a doctor but could not due to potential cost (10.4 percent statewide).
- One-half of adult Nebraskans (51.4 percent) said they had no problems or barriers to getting medical care other than cost. Proportions were not significantly different for any LHD.

On the other hand, there was wide variation in the average distances from home to the emergency room (ER). Of the 18 LHDs, 11 reported an average distance to the ER closest to home that differed significantly from the Nebraska average (7.1 miles). Eleven LHDs also reported average distances to the ER at which they preferred to receive care that was significantly different from the Nebraska average (10.9 miles). In both cases, the average number of miles was significantly higher for most LHDs.

Cardiovascular Disease

- Four of the LHDs had a significantly lower proportion of adults who had a current cholesterol screening (within the past five years), compared to Nebraska (72.0 percent).
- The proportion of adults who had been told that they had a heart attack or stroke, or that they have coronary heart disease was significantly higher than the state rate (7.5 percent) in two LHDs.
- The proportion of adults who had ever been told their blood pressure was high (27.3 percent for Nebraska) and the proportion who had been told their cholesterol was high (37.8 percent) varied little, with no significant differences found for any LHD (compared to the state).
- Knowledge of high blood pressure’s role in causing cardiovascular disease or stroke was similar among LHDs. Compared to Nebraska overall (82.1 percent), only one LHD reported a significantly lower proportion of respondents who identified cardiovascular disease as

something that can result from high blood pressure. No significant differences were noted between any LHDs and the state (43.2 percent) in the proportion who identified stroke as a possible result of high blood pressure.

- Statewide, 15.3 percent of adults have current CPR certification, with no significant differences noted for LHDs.

Diabetes

- No LHDs recorded a prevalence of diabetes that differed significantly from the rate for Nebraska (7.1 percent).

Cancer Prevention

There was little variation in screening rates for breast cancer and colon cancer among the 18 LHDs in the state.

- Nearly three-fourths of Nebraska women age 40 and older (73.0 percent) had a mammogram within the past two years. One LHD reported a screening prevalence that was significantly lower.
- Only 27.9 percent of adults aged 50 and older had a blood stool test to check for colon cancer in the past two years. One LHD reported a screening rate that was significantly lower.
- About one-half of adults 50 and older (51.7 percent) ever had a sigmoidoscopy or colonoscopy. The screening rate was significantly lower in one LHD.

Asthma

- Little difference was noted between LHDs and Nebraska in proportion of adults who ever had been diagnosed with asthma (12.9 percent) and in proportion who currently have asthma (8.5 percent). Only one LHD in each case reported a rate that differed significantly from the Nebraska rate.

Overweight and Obesity

There was little variability among LHDs in prevalence of overweight and obesity.

- Nearly one-fourth of adult Nebraskans (23.9 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0 or higher). Prevalence of obesity was significantly higher in one LHD.
- Statewide, 63.1 percent of adults were classified as “overweight or obese” (Body Mass Index = 25.0 or higher), based on self-reported heights and weights. No LHD reported a significantly different rate for adults. However, three LHDs did report significantly greater rates of overweight/obesity for women, compared to all Nebraska women (54.7 percent).

Tobacco Use

- Smoking prevalence rates for two LHDs were significantly higher than the Nebraska rate of 20.0 percent in 2005.
- One LHD reported a significantly lower proportion of respondents who were former cigarette smokers, compared to the state (24.0 percent). Four LHDs reported significantly lower proportions of women who are former smokers, compared to Nebraska women (20.9 percent).
- The proportion of current smokers who attempted to quit smoking during the past year was significantly higher than the state rate (52.0 percent) for one LHD.

- Three-fourths of Nebraska adults (75.3 percent) said they have rules prohibiting smoking anywhere in their homes. Two LHDs reported proportions that were significantly lower, while one reported a proportion that was significantly higher than the rate for the state.
- Among employed adults who work indoors most of the time, 87.4 percent stated that their workplace smoking policy does not allow smoking in any work areas. Two LHDs reported proportions that were significantly different from the overall rate for the state.

Physical Activity and Sedentary Behaviors

Overall, there was not a great deal of variation in physical activity indicators between LHDs and the state.

- One-fourth of adults in Nebraska (24.8%) stated that they did not participate in any leisure-time physical activity in the past 30 days. Prevalence of physical inactivity was significantly higher in two LHDs.
- One LHD reported a proportion of adults engaging in the recommended amounts of moderate or vigorous physical activity that was significantly higher than the average for Nebraska (49.9 percent).
- More than four in ten Nebraskans aged 18 and older (45.2 percent) engaged in three or more hours of “electronic sedentary behavior” daily (i.e., television viewing, video game system use, or computer use while sitting or lying down). One LHD recorded a significantly lower proportion of adults participating in this behavior.

Nutrition

- Little more than one-fifth of adults in Nebraska (21.6 percent) eat fruits and vegetables five or more times daily. In addition, only 44.3 percent of respondents were able to correctly identify what “Five-a-Day” means. Two LHDs reported significantly lower proportions of respondents who knew the meaning of “Five-a-Day”, but rates of fruit and vegetable consumption for LHDs did not differ from the state rate.
- Five LHDs reported significantly lower proportions of men who were able to correctly identify what “Five-a-Day” means, compared to men statewide (36.1 percent).
- One-fifth of adult Nebraskans (20.0 percent) consumed dairy products three or more times daily. One LHD reported a significantly lower rate.
- There was a little more variation in average number of times per week that adults said they eat at restaurants or fast-food establishments. Averages for three LHDs were significantly lower than the state average (2.2 times).
- Three in ten adults (30.0 percent) stated that healthy foods are “always” or “almost always” available at local community events that sell food or give it away. One LHD reported a significantly lower proportion of respondents rating food at these events this way.
- Nearly six in ten adults (58.3 percent) felt that the selection of healthy foods is “very good” or “somewhat good” at restaurants, fast-food shops, and food stands in their community. However, only 28.6 percent said that healthy foods are “always or almost always” labeled at these establishments. There was little variation in results by health department, with only one LHD reporting a significantly lower proportion of respondents who stated healthy foods are always/almost always labeled.

Alcohol Consumption

- Three LHDs reported prevalence rates for alcohol consumption in the past 30 days that differed significantly from the Nebraska rate (53.0 percent).

Injury

- The proportion of adults who indicated they had a fall during the three months preceding the survey was significantly higher in one LHD than in Nebraska overall (12.2 percent).
- There was more variability in seatbelt usage rates, with four LHDs reporting significantly lower proportions of adults who “always” or “nearly always” wear a seatbelt compared to the statewide rate (87.2 percent).
- Two LHDs reported significantly lower rates of frequent bicycle helmet use (“always” or “nearly always”) among children aged 5 to 15 years, compared to Nebraska (44.7 percent).

Immunization

- Three out of ten adults aged 18 and older (30.8 percent) said they had received an influenza vaccination during the last 12 months. Vaccination rates were significantly lower for two LHDs.

Oral Health

- Nearly three-fourths of adults (73.0 percent) had been to the dentist or a dental clinic in the previous year. Three LHDs reported significantly lower proportions of respondents visiting the dentist, while one reported a significantly higher rate.

Women’s Perceptions of Health Threats and Causes of Death

- One-third of women (33.3 percent) saw cancer as the greatest health problem facing women today, while 17.9 percent identified heart disease/attack. Only one LHD in each case reported a proportion that was statistically different from the statewide rate.
- However, for five LHDs, the proportion of women who identified heart disease or heart attack as the leading cause of death for women was significantly lower than the proportion for Nebraska women overall (54.6 percent).

Social Context

- Only a small proportion of Nebraskans (6.4 percent) stated they feel “very unsafe” or “somewhat unsafe” from crime within the one-mile around their home. For two LHDs, the proportion was significantly lower.
- The proportion who feel “very unsafe” or “somewhat unsafe” to walk, jog, run, or bike within the one-mile around their home, due to traffic, was also fairly low (14.1 percent). For three LHDs, the proportion was significantly lower.

Note: All statewide percentages and averages in this section were weighted to reflect all Nebraska adults. However, statements reflecting differences between residents of the individual health departments and the state overall were based on the comparison of age-adjusted percentages and averages. For additional information about weighting and age-adjustment, please see “About These Statistics” section of this report.